

Office of Rehabilitation Services

Health and Wellness Matters

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"Fall" Into Good Health

Now that Fall is almost here by the calendar and the coolness of the air at night, it's time to think about selecting pumpkins, hayrides, cider, picking apples and of course, Halloween! Picking apples with children is a great way to show them how this delicious fruit grows and get some exercise at the same time. (Be careful climbing those trees, however. Use the rakes and baskets, usually provided.)

Once you get your basket of those delectable apples home, of course you can eat them as is or with peanut butter or cheese; make apple pies, strudels, kuchen, crisps and cakes.

I like to make my own apple



sauce or bake them to eat with a meal or for dessert. For both recipes, it's easier to core and peel them if you prefer first. For apple sauce, simmer them in water or you can microwave them in a dish with a little water until soft, then drain. Sweeten them with sugar, honey, sweetener, or just add cinnamon and nutmeg to taste. I have added milk or light cream for a more creamy texture. Serve warm. Ummm! It's much more delicious than the jars or canned prepared ones. For baked apples, place your cored whole apples in a baking dish with water on the bottom. Put

cinnamon, nutmeg, butter, margarine, honey or your favorite flavoring on top and in the center. Bake at 350 degrees until fork tender. Serve warm with nuts, raisins, ice cream, yogurt or whatever you like. Use your imagination and enjoy. *Ellie*



"Free Flu Shots"

Wednesday, October 20th
9:00 a.m. - 12:00 noon
at ORS

Sponsored by Blue Cross
More info to follow!

Health & Wellness Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sheila Moffat, X345
- ♦ *Physical Health* - Barbara Mulligan, X349
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

Ask the Doctor By "Dr. Conklin"

As Dr. Conklin has previously advised us October is National Breast Cancer Awareness Month. The member organizations of the Board of Sponsors join forces to spread the message that early detection of breast cancer followed by prompt treatment saves lives.

Across the United States, The Great American Smokeout will be held on November 18th. The largest group of new

smokers seems to be teenage girls. Here are three tips to help you quit smoking...for good! 1) Talk to your health care provider; 2) Make healthy choices every day; and 3) Begin to manage stress in a positive way.

Dr. Conklin suggests a smoker adopt a "buddy" to mentor them to stop smoking, and perhaps the smoker can help their buddy to start exercising or eating healthy foods. It's a unique "win, win" situation.

Healthy Choices— "Recipes for the Heart from the Heart"

Pumpkin Pie

Ingredients:

1 can pumpkin (15 oz)
1 can fat-free sweetened condensed skimmed milk
4 egg whites
2 1/2 tsp. pumpkin pie spice
1/4 tsp. salt
One 9-inch unbaked pastry shell
Preheat oven to 425 degrees.

Combine pumpkin, condensed milk, egg whites, pumpkin pie spice, and salt; mix well. Pour into pie shell.

Bake for 15 minutes, reduce heat and bake at 350 degrees for an additional 35-40 minutes or until a knife inserted 1 inch from edge comes out clean.

Remove from oven and cool on wire rack. Garnish with reduced fat whipped topping if you prefer. Keep refrigerated. Makes 10 servings

Upcoming Events

Dress Down Day!

Friday, October 15th

\$2.00 donation

to benefit the American Cancer Society's "Making Strides" walk and Goodwill Industries' "Walk for Work".

Contact:

3rd Fl - Jennifer D. x441

4th Fl - Melanie G. x338

5th Fl - Val W. x302

6th Fl - Brenda G. x 218

Let's Get Moving

Making Strides Against Breast Cancer, the annual walk for breast cancer research, education, awareness, and patient support is being held on Sunday, October 17th, with registration at 7 a.m. The 5-mile walk is from 8:30 a.m. to 1 p.m. at Roger Williams Park, Temple to Music.



Contact Barbara M. (ext. 349) to form a team or for information.

Walk for Work, a 3.5 mile walk to benefit Goodwill Industries of RI, a longtime partner with ORS in serving the needs of individuals with disabilities will be held on Sunday, October 24th. Registration for their event is at 9 a.m., with step off time at 9:30 a.m. and is also at Roger Williams Park - Temple to Music. They hope to raise \$250,000 to service the most disenfranchised people in our community. Let's organize a team to run or walk the 3.5 miles together! Contact Barbara M. at ext. 349.

Ommmmmmmmmmmm!

For those of you who have participated in Yoga Lessons, you know what that means! For those of you who wish to learn,

Manuela Birner, last year's instructor, returns with the first five-week session of yoga on Thursday, 9/23/04. This will run every week through 10/21/04. The next session will change to Wednesdays, beginning 10/27/04 and continuing until 12/1/04, skipping Thanksgiving week. We will then have a break for the month of December and plan to resume in January. The cost is \$45 for each 5-week session. Drop-ins for each



class are welcome to join us at a cost of \$12. So get out your comfortable clothes, mats and prepare to relax while stretching your mind and body at 4:15 pm in the 8th floor conference room. You can contact Manuela at 465-0755 or email her at Manuela_Birner/BCBSRI@bcbsri.org.

"Halloween Hike" - Bring your family and friends to the Halloween Hike at Caratunk Wildlife Refuge in Seekonk, MA on Friday, October 22 at 5:30 p.m. During this guided one-mile hike through the eerie nighttime woods, ORS family members will encounter characters that will explore, with them, the myths, legends, and creatures associated with Halloween. This hike, which is sponsored by the Audubon Society of Rhode Island, is great for young children and the whole family. Refreshments, children's activities and a special treat await your return. Contact Sharon D. (ext. 318) by October 1st to sign up for this spooktacular hike! Cost is \$13 for adults/\$11 for a child 12 & under. (Registration is required.)

Your Day to Give Thanks for Living in America

What will be on your menu? Do you provide turkey for your main course as most Americans? If you do, there are alternatives to buying your turkey at the local grocery market where it may have been frozen and kept fresh with preservatives, given antibiotics and force fed to be as plump and juicy as possible or been exposed to and eaten pesticides. There are turkey farms in safe areas where there are organic grasses to ingest or you can even get a turkey substitute such as one made from tofu. Whole Foods Market in Providence can supply these turkeys, as well as Belwing Turkey Farm in Seekonk, MA at (508)336-9142. To make your entire meal more healthy, you can shop for your



potatoes, onions, carrots, corn, celery, and lettuce at a local farm where you ask how the produce has been grown or consider buying organic products at your grocery store. You can find lower calorie or healthier items to add to your feast such as low or no fat butters, margarines, olive oil, skim or fat free milk, evaporated milk, cream cheese or substitutes, Splenda, a substitute made from sugar, honey, bread products made from unbleached or wheat flours. If you prefer the regular white cane sugar or real butter, you can often use less of the ingredient in your recipes or combine with a lower calorie version for part of the measurement and the taste is still good. You can have a delicious meal and not gain 10 pounds and maybe be able to have that second piece of pumpkin pie.

What's Happened at ORS

Unfortunately, we never found out "Who Done It?" aboard the Bay Queen, didn't take a Duck Tour of Providence, and never got to participate in the festivities of the Feast of San Gennaro in the "Big Apple". Sheila Moffat, Barbara Mulligan, and the rest of the Social and Physical Activities Committees have been working diligently to try to plan activities that are healthy, nutritious, and fun. But we need the help and support of all of you. Please contact Sheila at ext. 345 or one of the committee members with your suggestions, ideas and your help.

This Health and Wellness Initiative is for all of us to get and stay healthy with proper diet and exercise for the mind

and body. Recipes, ideas for events and exciting activities or trips may be something we can participate in together or with our families and others.

Remember to stay safe and healthy, and on Halloween, make sure you and your family have flashlights, clothes that are flame-retardant, wear reflective material or tape, watch where you walk, stay with a group, if possible, examine all your treats, and have a wonderful holiday season.

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